NBRC Lap Pool

March, 2013

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am							
6:00am	Elks						
6:30am	6:00-7:15 *6 Lap Lanes	Lap Swim		Lap Swim			
7:00am	o Lup Luries	6:00-8:00	Lap Swim	6:00-8:00	Lap Swim	Davida	
7:30am	Lan Surina		6:00-9:00		6:00-9:00	Boulder Swimming	
8:00am	Lap Swim 7:15-9:00	Drop-in H2O Fit		Drop-in H2O Fit		7:00-9:00	Masters
8:30am		8:00-9:00 *5 Lap Lanes		8:00-9:00 *5 Lap Lanes		*3 Lap Lanes	8:00-9:30
9:00am	Drop-in H2O Fit		Drop-in H2O Fit		Drop-in H2O Fit	Boulder HS &	*2 Lap Lanes
9:30am	9:00-10:00 *4 Lap Lanes		9:00-10:00 *4 Lap Lanes		9:00-10:00 *4 Lap Lanes	Elks	Masters
10:00am	Lap Swim 10:00-10:30	Lap Swim	Lap Swim 10:00-10:30	Lap Swim	Lap Swim 10:00-10:30	9:00-10:30 *3 Lap Lanes	9:30-10:30 *4 Lap Lanes
10:30am	Masters	9:00-12:00	Masters	9:00-12:00	Masters	BHS & Elks	
11:00am	10:30-11:30 *4 Lap Lanes		10:30-11:30 *3 Lap Lanes		10:30-11:30 *4 Lap Lanes	10:30-11:30 *6 Lap Lanes	
11:30am							Lap Swim 10:30-1:00
12:00pm		Masters		Masters		Lap Swim 10:30-1:00	10.50-1.00
12:30pm		12:00-1:00 *3 Lap Lanes		12:00-1:00 *3 Lap Lanes		10.50-1.00	
1:00pm	Lap Swim		Lap Swim		Lap Swim		
1:30pm	11:30-3:30		11:30-3:30		11:30-3:30		Open Swim
2:00pm		Lap Swim		Lap Swim		Open Swim	1:00-3:00 *4 Lap Lanes
2:30pm		1:00-4:00		1:00-4:00		1:00-4:00 *4 Lap Lanes	
3:00pm						·	
3:30pm	BHS & Elks 3:30-4:00 *5 Lanes		BHS & Elks 3:30-4:00 *5 Lanes				Lap Swim 3:00-4:30
4:00pm	Boulder HS &	BHS Swim Team	Boulder HS &	BHS Swim Team	Boulder HS &		3.00-4.30
4:30pm	Elks	& Elks	Elks 4:00-5:30	& Elks	Elks		
5:00pm	4:00-5:30 *2 Lap Lanes	4:00-5:30 *2 Lanes	*2 Lap Lanes	4:00-5:30 *2 Lanes	4:00-5:30 *2 Lap Lanes	Lap Swim 4:00-6:30	
5:30pm	BHS & Elks 5:30-6:00 *5 Lanes	Open Swim *4 Lanes Aqua Zumba &	BHS, Elks, LTS 5:30-6:00 *4 Lanes	Open Swim *4 Lanes Aqua Zumba &	BHS & Elks 5:30-6:00 *3 Lanes	4.00-0.30	AquaTeens
6:00pm	Masters & Lessons	Open Swim 5:45-6:45	Swim Lessons	Open Swim 5:45-6:45	Lap Swim		4:30-7:30 *4 Lap Lanes
6:30pm	6:00-7:00 *3 Lap Lanes	*4 Lap Lanes Open Swim *4 Lanes	6:05-6:40 *6 Lanes	*4 Lap Lanes Open Swim *4 Lanes	6:00-7:00		
7:00pm	Pre/Post Natal H2O Fit 7:00-8:00 *5 Lap Lanes	Lap Swim 8:00-9:00	Lap Swim 6:40-9:00	Lap Swim 7:00-9:00	Drop Slide Open During Saturday and Sunday Open Swim Times Only		
7:30pm							
8:00pm	Lap Swim						
8:30pm	8:00-9:00						
9:00pm							

1/29/13 sr

